

2013 Golden Jubilee edition

BIHAR YOGA®

CONVERSATIONS ON THE SCIENCE OF YOGA

Karma Yoga Book 7

A GUIDE TO SADHANA IN DAILY LIFE

*From the teachings of
two great luminaries of the 20th century*

Sri Swami Sivananda Saraswati
Sri Swami Satyananda Saraswati



Yoga Publications Trust, Munger, Bihar, India

Karma Yoga Book 7

A GUIDE TO SADHANA IN DAILY LIFE



1963–2013
GOLDEN JUBILEE

WORLD YOGA CONVENTION 2013
GANGA DARSHAN, MUNGER, BIHAR, INDIA
23rd–27th October 2013

CONVERSATIONS ON THE SCIENCE OF YOGA

Karma Yoga Book 7

A GUIDE TO SADHANA IN DAILY LIFE

*From the teachings of
two great luminaries of the 20th century*

Sri Swami Sivananda Saraswati
Sri Swami Satyananda Saraswati

*Including answers from the satsangs of
Swami Niranjanananda Saraswati*



Yoga Publications Trust, Munger, Bihar, India

© Bihar School of Yoga 2013

All rights reserved. No part of this publication may be reproduced, transmitted or stored in a retrieval system, in any form or by any means, without permission in writing from Yoga Publications Trust.

The terms Satyananda Yoga® and Bihar Yoga® are registered trademarks owned by International Yoga Fellowship Movement (IYFM). The use of the same in this book is with permission and should not in any way be taken as affecting the validity of the marks.

Published by Yoga Publications Trust

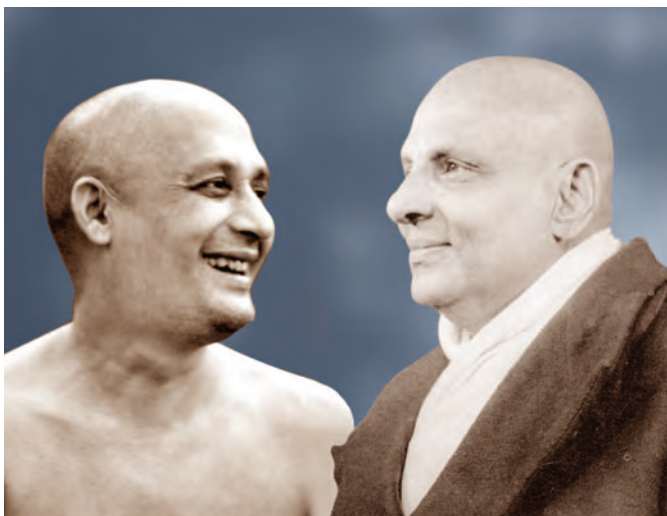
First published 2013

ISBN: 978-93-81620-76-2

Publisher and distributor: Yoga Publications Trust, Ganga Darshan,
Munger, Bihar, India.

Website: www.biharyoga.net
www.rikhiapeeth.net

Printed at Aegean Offset Printers, Greater Noida



Dedication

*In humility we offer this dedication to
Swami Sivananda Saraswati, who initiated
Swami Satyananda Saraswati into the secrets of yoga
and to our guru Sri Swami Satyananda Saraswati
who continues to inspire and guide us
on our spiritual journey.*

Swami Niranjana

Contents

Preface	<i>ix</i>
Introduction	1
1. Inspiration from the Masters	3
2. Guidelines for Sadhana	10
3. Yamas and Niyamas of Karma Yoga	17
4. Practices	
Review of the Day	25
Antar Mouna	25
Spiritual Diary	29
SWAN Principle	32
The 18 ITIES	38
5. The Ashram	61
6. Karma Yoga for Children	63
7. Shanti Path: Sankalpa of a Yogi	65
8. Sadhana of Life	68
9. Inspiring Quotes and Sayings	70
Practice Sheets	91

Preface

Talking only about the aim is philosophy; the method to get to the aim is a system; the aim and the method are sadhana, the transformative process. Yoga is sadhana.

—Swami Niranjanananda Saraswati

The purpose of the in-depth exploration of the branches of yoga contained in *Conversations on the Science of Yoga* is to inform and inspire aspirants to apply the principles of each branch in their own lives, that they may be uplifted and transformed by both the dynamism and subtlety of the yogic tradition. To accomplish this, the teachings must be lived; otherwise, the material has no value, it is merely words on pages. Successful implementation of the wisdom requires a simple, pragmatic approach, a map for the conscious living of life. The final volume of each *Conversations* set provides such a map. Titled *A Guide to Sadhana in Daily Life*, these practical, easy to follow booklets outline sadhanas for the various branches of yoga, be it karma, hatha, bhakti or raja yoga.

Sadhana is the personal effort every aspirant on the spiritual path must make in order to evolve. It is the practice, application, commitment and involvement without which yoga remains theory. The *Guide to Sadhana in Daily Life* booklets distil the essence of each branch of yoga, showing the way to personally experience the concepts

and discussions which constitute the main volumes. While those discussions provide the basis for the integration of yogic ideas and principles in everyday life to enhance the quality of one's experience and expression, it must always be remembered that yoga is a practice which needs to be lived in order for its meaning, method and aim to be fully understood and embodied.

Each booklet gives the spiritual aspirant various possibilities which can be modified and adapted according to the time available, individual inclination and circumstances. They show that adding yoga to one's daily routine and developing a yogic attitude does not necessitate changing one's situation or station in life. With common sense and pragmatism, yoga can be applied to meet one's needs, whatever they may be.

In today's world, time is a major factor and good time management skills are essential for everyone. Those who seek to improve everyday life by including spiritual practices need to set aside some time each day, knowing that it is not the amount of time spent but the regularity and sincerity of the practice that are of paramount importance. Fifteen minutes a day of one-pointed awareness on a chosen practice is better than an occasional hour without focus or purpose.

This definition of spiritual practice is given in Sage Patanjali's *Yoga Sutras* (1:14):

Sa tu dirgha kala nairantaryasatkarasevito drdhabhumih.

Practice, abhyasa, becomes firmly grounded by being continued for a long time with reverence, without interruption.

There are three conditions for practice or *abhyasa*: it should be done with complete faith; it should continue uninterrupted, and it should go on for quite a long time. When these three conditions are fulfilled, abhyasa becomes firmly established and a part of one's nature.

The *Guide to Sadhana in Daily Life* booklets offer tools to make this possible for everyone. To use the tools well, the desire to put theory into practice must be the motor and motivation of each aspirant, for only practice gives experience and only experience leads to change.



Karma Yoga Book 7: A Guide to Sadhana in Daily Life is a companion booklet to the *Conversations* books on karma yoga. It gives guidelines for the practical application of the principles of karma yoga provided in the main volumes, enabling aspirants to develop a sadhana appropriate to their particular life situation.

Sadhana is the personal effort every aspirant on the spiritual path must make in order to evolve. The sadhanas outlined in *A Guide to Sadhana in Daily Life* bring awareness and structure to the integration of this important branch of yoga into one's thoughts, actions and interactions.

Key concepts, including the yamas and niyamas of karma yoga, are presented in a practical format. Practices to aid implementation, understanding and reflection are clearly and practically outlined. These include keeping a spiritual diary, using the SWAN principle, practising the eighteen ITIES of Swami Sivananda and the meditation practice of antar mouna. Karma yoga for children and the relevance of ashram life are discussed. Inspirational quotes provide further perspectives and insights, adding another dimension of richness to the experience of living karma yoga.



[bar code here]

ISBN : 978-93-81620-76-2